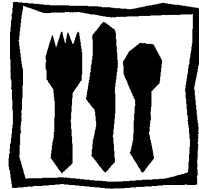


Make Healthy Choices Eat Out, and Still Lose Weight



- *Keep it small*
Small Fries = 210 calories; Large fries = 610 calories
Flavored water = 0 calories; 64 oz soda = 800 calories
- *Make it Plain*
*Save over 300 calories on a hamburger without the
bacon, cheese and special sauce*
- *Share it*
Order a variety of appetizers for everyone to taste

Split a dessert
If you are eating alone, take half home
- *Dressings on the side*
Ask for low fat or fat free dressings
You can control the amount

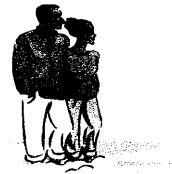
Get Healthy Hartford

Use Your Feet More So You Can Eat More



- *Buy a Pedometer*

10,000 steps equals 5 miles



- *Walk instead of watch*

Walk instead of watching the microwave or a commercial

- *Walk for errands less than one mile*

Put on a back pack and shop in the neighborhood

- *Walk between tasks*

Walk while you wash a load of clothes

- *Walk and talk*

Walk with your co worker to discuss a project

- *Create opportunities to use stairs*

Welcome every chance to use the stairs

- *Park farther from your destination*

- *Pace while thinking*

Get Healthy Hartford